



SeniorDriving.AAA.com

Roadwise Rx

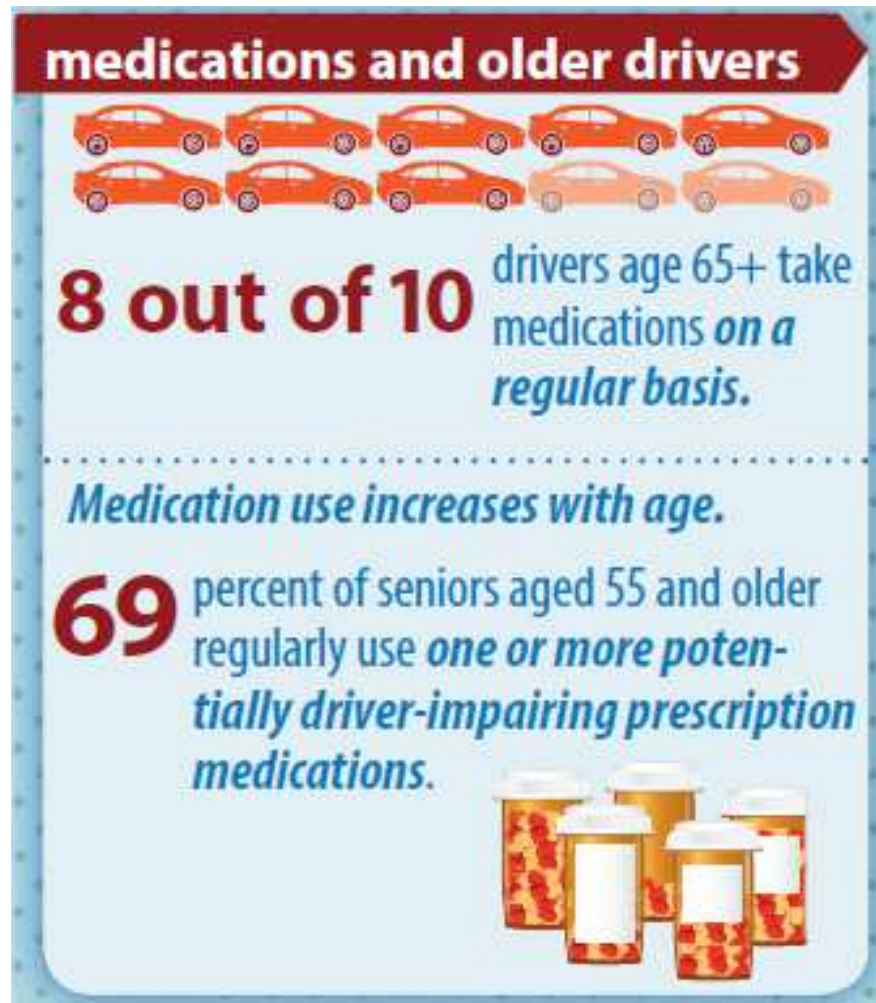
Jack Peet — AAA Traffic Safety jcpeet@aaamichigan.com

Background

- People over 65 are the **fastest growing age group** in the United States
- By 2030, they will represent **one in every five** licensed drivers
- Seniors are among the **safest** on the roads
- True risk for seniors: **medical fitness to drive**



Why was Roadwise Rx needed?



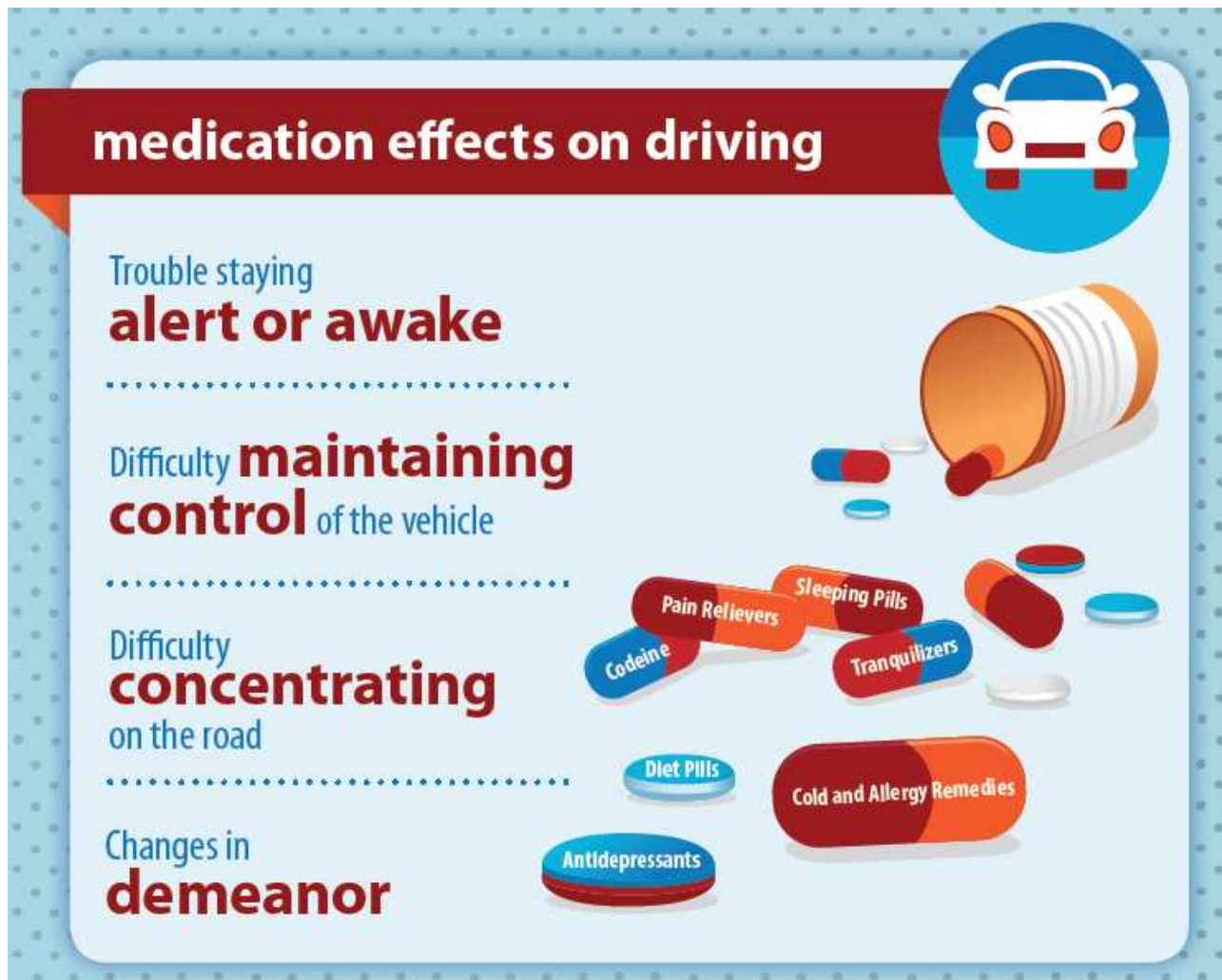


48

percent of seniors have ***never spoken*** to their healthcare providers about possible dangerous side effects their medications could have on driving.



Why is that a Problem?



Led to the 2012 development of:

Roadwise



- Developed by the AAA Foundation for Traffic Safety
- Online tool that details common side effects of prescription and over-the-counter medications
- Generates personalized feedback on how medications, herbal supplements and foods, and their interactions with each other, can impact safety behind the wheel. learn how to mitigate possible crash risks.





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HELPING SENIORS DRIVE SAFER & LONGER

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HOME

Evaluate Your
Driving Ability

Understanding Mind &
Body Changes

Improve Your
Driving Skills

Maintain Mobility &
Independence

Tools & Additional
Resources

Resources for Family
& Friends

SMART FEATURES FOR OLDER DRIVERS

Choosing a vehicle with the right features can help you adapt to physical changes associated with aging and improve safety and comfort behind the wheel.

LEARN MORE



Smart Features for Older Drivers

Explore Your Medications and Driving

Know the Licensing Laws in Your State

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ROADWISE RX



Roadwise Rx is a free online tool that provides confidential, individualized feedback about

FIND YOUR PERFECT FIT



Attend a free CarFit clinic, where trained technicians and an occupational therapist can

TAKE A REFRESHER COURSE



Increase your confidence and awareness behind the wheel with AAA's Driver Improvement



SEARCH

HOME

Evaluate Your
Driving Ability

Understanding Mind
& Body Changes

Improve Your
Driving Skills

Maintain Mobility &
Independence

Tools & Additional
Resources

Resources for
Family & Friends

» Vision

» Hearing

» Reaction Time

» Medical Conditions &
Medications

» Common Medical
Conditions

» Roadwise Rx

» How Medications
Can Affect Driving

» State Laws on
Medication Use &
Driving

» Mind & Cognition

Home > Understanding Mind & Body Changes > Medical Conditions & Medications > How Medications Can Affect Driving

How Medications Can Affect Driving

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Two-thirds of people age 65 and older take five or more daily medications that can affect driving ability.

Prescription and over-the-counter medications come with warnings about possible side effects, such as drowsiness or risks related to driving, yet many people ignore them, because they've never had a problem. In addition, side effects for an individual drug can change when combined with other medications, especially new prescriptions.

Medications known to impact driving include:

- Tranquilizers
- Narcotic pain pills
- Sleep medicines
- Some antidepressants
- Cough medicines
- Antihistamines
- Decongestants



ASK AN EXPERT

Developed by the AAA Foundation for Traffic Safety, Roadwise Rx is a free online tool designed to allow you to record your prescription and over-the-counter medications in one central location, and to receive personalized feedback about how drug side effects and interactions between medications may impact your safety behind the wheel.



Enter your medications below

Begin typing the name of a medication that you are currently taking below and then select it from the list. Once you have entered all your medications, both prescribed and over-the-counter, click "View Results."

WHAT IS ROADWISE RX?

[NEED HELP ?](#)

DRUG NAME	GENERIC NAME
Amlodipine	Amlodipine
Amlodipine-atorvastatin	Amlodipine-atorvastatin
Amlodipine-benazepril	Amlodipine-benazepril
Amlodipine/hydrochlorothiazide/olmesartan	Amlodipine/hydrochlorothiazide/olmesartan
Amlodipine-olmesartan	Amlodipine-olmesartan
Amlodipine-telmisartan	Amlodipine-telmisartan
Amlodipine-valsartan	Amlodipine-valsartan
Amlodipine/valsartan/hydrochlorothiazide	Amlodipine/hydrochlorothiazide/valsartan



Have questions about Roadwise Rx? Email roadwiserx@aaafoundation.org

For over 60 years, the [AAA Foundation for Traffic Safety](#) has conducted research to support education that advances safety and wellbeing for all road users.

- Antihistamines
- Decongestants

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[WHAT IS ROADWISE RX?](#)

Begin typing the name of a medication or herbal supplement...

[NEED HELP ?](#)

DRUG NAME	GENERIC NAME	
Amlodipine	amLODIPine	REMOVE ✕

[View Results »](#)

[Legal Disclaimer](#)



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For over 60 years, the [AAA Foundation for Traffic Safety](#) has conducted research to support education that advances safety and wellbeing for all road users.

Done

Internet

- Antihistamines
- Decongestants

Developed by the AAA Foundation for Traffic Safety, Roadwise Rx is a free online tool designed to allow you to record your prescription and over-the-counter medications in one central location, and to receive personalized feedback about how drug side effects and interactions between medications may impact your safety behind the wheel.



No Medication Interactions Detected

Roadwise Rx did not find any interactions between your medications.

Visit the other tabs on this page to explore other potential effects of your medication.

[Edit Medications List](#)

Click below to see your results

	Interactions:	0 Found
	Food Interactions:	1 Found
	Driver Warnings:	3 Found
	Medication Info:	1 Found



Medication
Interactions

0



Food
Interactions

1



Driver
Warnings

3



Learn More About
Your Medication

1

Roadwise Rx did not find any interactions between your medications. However, your medication may still have side effects that would affect your driving. Click on the [Driver Warnings](#) tab to find out more.

Please consult with your doctor before altering any medications or changing your driving habits.

Print Results

Print Medication List

[Edit Medications List](#)

[Legal Disclaimer](#)

- Antihistamines
- Decongestants

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Trouble staying alert or awake

Side Effects:
Amlodipine
fatigue, sleepiness

Trouble staying alert or awake may result in...

- Challenges staying within the lane markings and increased risk of leaving the roadway. When drivers are unable to remain in their lane, it increases their likelihood of hitting another vehicle, traveling into oncoming traffic, or driving off the side of the road.
- Delayed reactions to on- and off-road events (e.g., taking a longer time to apply the brakes if another vehicle stops suddenly or more slowly swerving to avoid an unexpected item in the road). Slower reactions make a driver more vulnerable to obstacles in the roadway.
- Lower levels of vigilance and awareness about road conditions and other vehicles (e.g., not seeing curves or potholes ahead, miscalculating another driver's speed, or misjudging the slickness of the road surface). In this condition, drivers are less likely to adapt their driving to their environment.
- Difficulty recalling the intended destination. Drivers may become confused or disoriented, often changing their driving behavior to adapt.



- Antihistamines
- Decongestants

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Enter your medications below

Begin typing the name of a medication that you are currently taking below and then select it from the list. Once you have entered all your medications, both prescribed and over-the-counter, click "View Results."

WHAT IS ROADWISE RX?

benad

[NEED HELP ?](#)

DRUG NAME

GENERIC NAME

Benadryl	Diphenhydramine
Benadryl allergy	Diphenhydramine
Benadryl allergy cold	Apap/diphenhydramine/pseudoephedrine
Benadryl allergy & cold	Apap/diphenhydramine/phenylephrine
Benadryl allergy decongestant	Diphenhydramine-pseudoephedrine
Benadryl allergy sinus	Diphenhydramine-pseudoephedrine
Benadryl allergy sinus fastmelt	Diphenhydramine-pseudoephedrine
Benadryl allergy sinus headache	Acetaminophen-pseudoephedrine
Benadryl allergy/sinus headache	Apap/diphenhydramine/pseudoephedrine
Benadryl allergy & sinus headache	Apap/diphenhydramine/phenylephrine
Benadryl allergy sinus (obsolete)	Apap/diphenhydramine/pseudoephedrine
Benadryl chesty forte	Guaifenesin
Benadryl child allergy and sinus	Diphenhydramine-pseudoephedrine

MOVE X

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support



- Antihistamines
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ASK AN EXPERT

No Medication Interactions Detected

Roadwise Rx did not find any interactions between your medications. Visit the other tabs on this page to explore other potential effects of your medication.

[Edit Medications List](#)

Click below to see your results

	Interactions:	0 Found
	Food Interactions:	3 Found
	Driver Warnings:	3 Found
	Medication Info:	2 Found

 **Medication Interactions** **0**

 **Food Interactions** **3**

 **Driver Warnings** **3**

 **Learn More About Your Medication** **2**

Roadwise Rx did not find any interactions between your medications. However, your medication may still have side effects that would affect your driving. Click on the [Driver Warnings](#) tab to find out more.

Please consult with your doctor before altering any medications or changing your driving habits.

Print Results 

Print Medication List 

[Edit Medications List](#)

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- Antihistamines
- Decongestants

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Food Interactions Detected

RoadwiseRx found one or more food, drink or supplement related warnings with the medications and/or supplements that you are taking. Click on a tab below to learn about medication interactions, single medication information, and driver warnings.

[Edit Medications List](#)

Click below to see your results

	Interactions:	0 Found
	Food Interactions:	3 Found
	Driver Warnings:	3 Found
	Medication Info:	2 Found

 **Medication Interactions** **0**

 **Food Interactions** **3**

 **Driver Warnings** **3**

 **Learn More About Your Medication** **2**

Benadryl allergy sinus headache

Food: Onset of effect may be delayed if pseudoephedrine is taken with food.

Herbal Supplements: Avoid ephedra, yohimbe (may cause hypertension).

p://www.roadwiserx.com/interactionsAndWarnings.aspx#

Internet

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- Antihistamines
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*Your tool for understanding how medications
may affect you and your driving.*

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Enter your medications below

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WHAT IS ROADWISE RX?

Begin typing the name of a medication or herbal supplement...

[NEED HELP ?](#)

DRUG NAME	GENERIC NAME	
Amlodipine	amLODIPine	REMOVE ✕
Benadryl allergy sinus headache	acetaminophen-pseudoephedrine	REMOVE ✕
Nexium	esomeprazole	REMOVE ✕
Hydrocodone	HYDROcodone	REMOVE ✕

[View Results »](#)

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Brown Bag Review

Brown bag review component – traditionally, medical professionals would tell patients to put all of their medications in a brown bag and bring them in for the doctor to review.

This tool simplifies that process, allowing patients to create a virtual brown bag that is useful for conversations with medical professionals.



A printed out copy of the comprehensive list also allows users to keep their medication list on hand in purse or wallet in case of emergency.

This can be a simple, life-saving step.



My Medication List

Why should you record the dosage of your medications?

The benefits of having a complete and detailed recording of all the medications and supplements that you are taking are multi-fold: this eases doctors visits and discussions with pharmacists, and it's a great safety measure to keep a copy in your purse or wallet in case of emergency.

DRUG NAME	GENERIC NAME	DOSAGE <i>optional</i>
Amlodipine	amLODIPine	<input type="text"/>
Benadryl allergy sinus headache	acetaminophen-pseudoephedrine	<input type="text"/>
Nexium	esomeprazole	<input type="text"/>
Hydrocodone	HYDROcodone	<input type="text"/>

Print



Send in Email



Email:



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HOME

Evaluate Your
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Understanding Mind
& Body Changes

Improve Your
Driving Skills

Maintain Mobility &
Independence

Tools & Additional
Resources

Resources for
Family & Friends

» Vision

» Hearing

» Reaction Time

» Medical Conditions &
Medications

» Common Medical
Conditions

» Roadwise Rx

» How Medications
Can Affect Driving

» State Laws on
Medication Use &
Driving

» Mind & Cognition

Home > Understanding Mind & Body Changes > Medical Conditions & Medications > How Medications Can Affect Driving

How Medications Can Affect Driving

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Expert Q&A

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Ask Our Experts »

AAA's Expert Q&A Forum is completely anonymous, and personally identifying information, such as an e-mail address, is not required to submit a question.

The forum is supported by a team of traffic safety researchers, health promotion specialists, engineers, epidemiologists and other health professionals who can address a wide variety of concerns related to senior driver safety.

Our experts cannot respond immediately or individually to queries. While all questions are read, not all can be published, due to the large volume of submissions.

AAA's Expert Q&A Forum does not offer medical advice. If you have an existing health condition or an urgent health problem, consult with a health care provider before acting on information provided here.

To get started, you can learn more about some of AAA's experts, review our Q&A library of previously submitted questions, or submit your own question.

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